

••• BULLYING •••

THE FOUR ELEMENTS OF BULLYING

Unwanted aggressive behavior
Intended to hurt someone physically, verbally, emotionally, or electronically
Imbalance of power socially, physically, or emotionally
Repeated over time

CONSIDERED BULLYING
when all four are present

PARENT ACTIONS

STEP 1

- If the bullying is unlawful the police can be contacted
- Schools are mandated to have a bullying policy
- Ask the school for a copy of their bullying policy

STEP 2

- Keep record of the incidents: date, location, all who were involved, and what happened.
- Save emails, texts, and screenshots of electronic incidents
- Identify the part(s) of the policy not being followed

STEP 3

- Ask for help to solve the bullying rather than laying blame
- **First**, discuss with teacher and principal the part(s) of policy not being followed
- **Second**, discuss with superintendent the part(s) of policy not being followed
- **Third**, discuss with school board the part(s) of policy not being followed

STEP 4

- If the incidents continue after discussions, a request for investigation can be made
- The investigation will review if the school followed its policy, not the bullying
- To file a request go to: www.education.ne.gov/CC/index.html

RESOURCES AND STRATEGIES

STUDENTS	PARENTS	SCHOOLS
<p>www.pacerkidsagainstbullying.org/kab/</p> <p>https://bullyingnoway.gov.au/</p> <p>https://www.childline.org.uk/</p> <p>https://stompoutbullying.org</p> <p>https://www.healthdirect.gov.au/partners/reachout.com</p>	<p>https://www.stopbullying.gov</p> <p>https://www.helpguide.org/articles/abuse/dealing-with-bullying.htm</p> <p>https://www.helpguide.org/articles/abuse/bullying-and-cyberbullying.htm</p> <p>https://micheleborba.com/blog/bully-proofing-strategies-for-kids/</p> <p>https://www.parenttoolkit.com/expert/michele-borba</p> <p>https://www.psychologytoday.com/blog/brainstorm/201003/top-strategies-handling-bully</p> <p>https://www.pacer.org/bullying</p> <p>https://bullyingnoway.gov.au/YourRole/Pages/For-Parents-and-carers.aspx</p> <p>https://kidshealth.org/parents/cyberbullying.html</p>	<p>https://www.youtube.com/watch?v=wFhHc92fOCw</p> <p>2014 Reader's Digest article 2014</p> <p>http://k12engagement.unl.edu/bullying-prevention-and-intervention</p> <p>http://bullyingnoway.gov.au/</p> <p>CURRICULA (Evidence-Based) (Click on links below)</p> <ul style="list-style-type: none"> • Changing Curriculum through Stories by Marc Levitt • CAPSLE • Expect Respect (gr. 7-12) • Fourth R: Skills for Youth Relationships • Lesson One (K-6) • Peace Builders • Resolving Conflict Creatively Program • Second Step • Safe School Ambassadors • Social Skills Group Intervention (gr. 3-5) • Steps to Respect (gr. K-6)

